

**Abstract**

5 A massage arm (1) comprising a massage element (2) for a massage unit which can be mounted on a massage chair or other seat or other item of furniture used for seating or lying purposes, wherein the massage arm (1) is coupled to at least one shaft, which can be displaced in the massage unit

10 by means of a drive in order to produce a first vibrating movement within a first frequency range, and is connected to the massage element (2) in an articulated manner. The massage element (2) has at least one contact surface which acts upon the body of the person receiving the massage.

15 According to the invention, in order to achieve an improved massage effect, a vibration device (8) is provided. Said vibration device produces a second vibrating movement which is superposed on the first, said vibration movement occurring within a higher frequency range in comparison with

20 the first.